

Never...

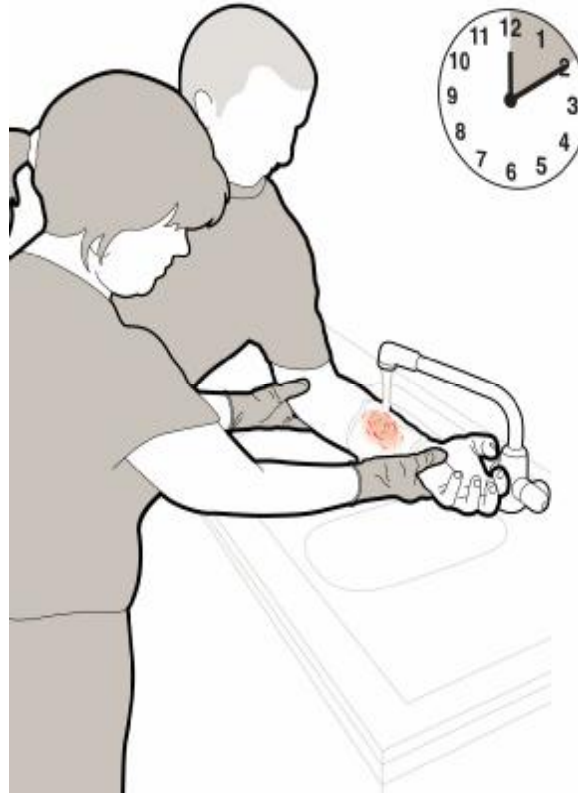
- x Put yourself in any danger
- x Delay in calling for emergency help
- x Act in a hurry
- x Do something you are unsure of
- x Move the casualty unless it is absolutely necessary
- x Leave the casualty before medical aid arrives

Bad habits

- x Burst Blisters
- x Use aerosol spray on bites/stings (Sheltox, etc)
- x Press abdomen of a drowned casualty
- x Attempt to make a person vomiting the poison
- x Put anything in the mouth of a casualty having a fit
- x Give any medicine your self

YES

I Want to be a **FIRST AIDER**



For more information please contact:



International Federation of
Red Cross and Red Crescent Societies

Disaster Management Department
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International Federation of
Red Cross and Red Crescent Societies

First Aid Basics

Can I be a
First Aider?



In cooperation with the

- Ministry of Health
- School Health Unit/Ministry of Education
- Faculty of Health Sciences

What is FIRST AID?

FIRST AID is the immediate assistance or treatment given to someone who is injured or suddenly taken ill until medical help becomes available

Understanding the basics of first aid will help you to stay calm and in control in an emergency



Aims of FIRST AID

- Upholding the principle of “do no harm”
- Saving life and limb (an arm and /or leg)
- Preventing the condition from getting worse
- Promote recovery



Who can give FIRST AID?

It certainly isn't only a medical professional or their equipment that saves lives

It is **you** who will save a life - using whatever resources are at hand; your first aid knowledge and practical common sense. In fact, first aid is largely about **common sense**: e.g. putting pressure to stop bleeding, making sure that the injured person is able to breathe, or keep the person warm...

Always...

- √ Check for danger
- √ Assess the situation quickly and calmly
- √ Call for help
- √ Be aware of your limitations
- √ Protect yourself from body fluids (blood)
- √ Stay with the casualty until help arrives



Emergency numbers

- Ambulance 102
- Fire 118
- Police 119
- IGMH 333 5335
- ADK 331 3553